

LEARN TO RUN. CHANGE YOUR LIFE.

NONE TO RUN WARM UP ROUTINE

Full Routine on YouTube



5-MINUTES

DYNAMIC STRETCHES

Alternating Hamstring Scoop



6
per side

- Stick one foot out
- Keep chest proud
- “Scoop the high grass”

Warrior Pattern



4
per side

- Stretches the abductors and inner thighs
- T-shaped arms
- Bend lead knee, keep back knee straight

Reverse Lunge w/Side Reach



4
per side

- Lunge back
- Reach arm in a side rotation
- Arm is on the same side as the lunge back leg

Modification

DURABILITY STRETCHES

Stationary Penguin



30-60
seconds
(work up to 60 seconds)

- Heels together
- Toes up and out
- Knees locked
- March through heels with your hips
- Keep feet up and out

Heel Raises



15-30
reps

- Find a stationary object
- Straight up and down
- Get as high as you can on your tiptoes
- Keep your posture tall

LOCOMOTION MOVEMENTS

Lateral Shuffle



4
laps

- Feet wide apart
- Don't let your feet touch
- Go as low as feels comfortable

Carioca



4
laps

- Arm swings opposite hip swings

Skips



4
laps

- Start marching, add a hop if it's comfortable



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